



USDA Foods Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 11-10-11)

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100206 – APPLE SLICES, CANNED, UNSWEETENED, #10

Nutrition Information

CATEGORY	<ul style="list-style-type: none">Vegetables/Fruits
PRODUCT DESCRIPTION	<ul style="list-style-type: none">U.S. Grade A canned apple slices packed in water without salt or nutritive sweeteners.
PACK/YIELD	<ul style="list-style-type: none">6/#10 cans per case. Each can contains about 106 oz (13$\frac{1}{3}$ cups) fruit and juice.One #10 can AP yields about 92 oz (about 12$\frac{1}{4}$ cups) drained apple slices and provides about 49.0 $\frac{1}{4}$-cup servings drained, sliced apple OR about 53.4 $\frac{1}{4}$-cup servings fruit and juice.CN Crediting: $\frac{1}{4}$ cup sliced apple and juice OR $\frac{1}{4}$ cup drained sliced apple provides $\frac{1}{4}$ cup fruit.
STORAGE	<ul style="list-style-type: none">Store unopened canned apple slices in a cool, dry place. Never store canned goods in a damp storage area or any place exposed to high or low temperature extremes.Store opened canned apple slices covered and labeled in a dated nonmetallic container under refrigeration.Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.

Apples, sliced, unsweetened, in water

	$\frac{1}{4}$ cup (63 g)	$\frac{1}{2}$ cup (125 g)
Calories	18	35
Protein	0 g	0 g
Carbohydrate	4.5 g	9 g
Dietary Fiber	0.5 g	1 g
Sugars	3.5 g	7 g
Total Fat	0 g	0 g
Saturated Fat	0 g	0 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.72 mg	1.44 mg
Calcium	0 mg	0 mg
Sodium	2.5 mg	5 mg
Magnesium	2 mg	4 mg
Potassium	42.5 mg	85 mg
Vitamin A	0 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0.6 mg	1.2 mg
Vitamin E	.11 mg	.22 mg



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PREPARATION/ COOKING INSTRUCTIONS	<ul style="list-style-type: none">• Use a clean cloth to wash the lids of canned foods before opening to keep dirt from getting into the food.• Use a clean and sanitized can opener.• Apple slices can be used right from the can, chilled or at room temperature.
USES AND TIPS	<ul style="list-style-type: none">• Use sliced apples in salads, as a complement to meat or poultry, or in desserts.• Use when preparing mixed fruit salads, apple pies, and turnovers. Drain well to use in apple nut breads and apple cake.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none">• Can linings might discolor or corrode when metal reacts with some foods for various reasons. As long as the can is in good shape, the contents should be safe to eat, although the taste, texture and nutritional value of the food can diminish over time.• NEVER USE food from cans that are leaking, bulging, or badly dented.• Cook foods to the appropriate end-point temperature as specified in your School Food Safety Plan, which should meet your State and local health department requirements.• DON'T TASTE canned food with a foul odor, or that spurts liquid from the container when opened.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none">• For guidance on how to effectively manage, store, and maintain USDA Foods, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm.• For additional information on product dating, go to page 13 of <i>Choice Plus Food Safety Supplement</i> at: http://nfsmi-web01.nfsmi.olemiss.edu/documentlibraryfiles/PDF/20080206043207.pdf.

Nutrient values in this nutrition information section are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.

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